

## YOUTH SOCCER

### Youth Soccer Leagues

WPRF Soccer Leagues promote skill development, teamwork, good sportsmanship, equal participation & fun! All teams practice at local parks and volunteer coaches schedule practices on any day of the week. All league games will be played on Saturdays, **September 10 - October 22**. Games will begin at 9:00 am and might be scheduled into the afternoon depending on the number of teams. First rainouts will be made up on 10/29. All games are played at Mindiola Soccer Park.

### What you need to know...

- Teams are organized according to elementary school areas. Participants should indicate the grade level they are in during the **2016-17 SCHOOL YEAR**.
- Players are registered and placed on teams on a first come, first serve basis by the elementary school indicated.** If there are too many participants registering out of any school it will be the discretion of the coordinator to form the teams in the manner most fair and competitive for that division. Players registered after a school's team limit has been reached will be assigned to a team with players from the closest school. Our primary focus is to ensure quality organization of teams. Studies show that children adapt very well when given opportunities to meet new friends while participating in youth sports programs.
- Registration for City of Waukesha residents will be processed as it is received through **July 14**.
- Non-resident registration will be processed as it is received beginning **April 12 - July 14**.
- Players missing the registration period will be placed on a waiting list. Waiting list priority is to give the child the opportunity to play. Team assignments are made to any team throughout the city with the greatest need of players.**
- Registration is accepted on-line, fax, mail-in, & drop-off (in person or drop-off box). Registration form is available on page 57.
- Participants will be notified by coaches following the Soccer Coaches Meeting.
- All teams are coached by volunteer coaches & assistants.** Please indicate your interest in coaching on the registration form. All volunteer coaches will be subject to Background Checks prior to the season.
- The size of team rosters varies per league and depends on number of enrollees per league. Kindergarten league plays Micro soccer, 6v6 (target team size: 12 players). 1<sup>st</sup>-2<sup>nd</sup> grade plays small sided, 7v7 (target team size: 14 players). 3<sup>rd</sup>-4<sup>th</sup> grade plays small sided 8v8 (target team size: 16 players). All other leagues play 11v11 (target team size: 15 players). \*We may combine 5th-6th grade boy/girl leagues due to low enrollment.



Please indicate participant's shirt size on registration form: YS = youth small (6-8) YM = youth medium (10-12), YL = youth large (14-16), AS = adult small, AM = adult medium, AL = adult large, AXL = adult extra large.

### COED KINDERGARTEN LEAGUE

GRADE	DAY	DATES	R/NR FEE	CODE
4K-K	Sa	9/10-10/22	\$75/\$95	2800.210

Min: 25 Max: 100

### GIRLS SOCCER LEAGUE

GRADE	DAY	DATES	R/NR FEE	CODE
1st - 2nd	Sa	9/10-10/22	\$75/\$95	2800.200
3rd - 4th	Sa	9/10-10/22	\$75/\$95	2800.201
5th - 6th	Sa	9/10-10/22	\$75/\$95	2800.202

Min: 25 Max: 100

### BOYS SOCCER LEAGUE

GRADE	DAY	DATES	R/NR FEE	CODE
1st - 2nd	Sa	9/10-10/22	\$75/\$95	2800.203
3rd - 4th	Sa	9/10-10/22	\$75/\$95	2800.204
5th - 6th	Sa	9/10-10/22	\$75/\$95	2800.205

Min: 25 Max: 100

### COED SOCCER LEAGUE

GRADE	DAY	DATES	R/NR FEE	CODE
7th - 9th	Sa	9/10-10/22	\$75/\$95	2800.206

Min: 25 Max: 100

**SIGN UP EARLY TO PLAY WITH YOUR FRIENDS!  
DEADLINE JULY 14!**

## Baseball, Softball and T-Ball

It's not too late to sign up for baseball, softball and t-ball. Registration will close on Thursday April 14th. If you miss the deadline date your child will be placed on the waiting list and assign to a team who is in need of players. Listed below is our leagues and game day. All games are played at WRO and teams are coached by volunteers and practice once a week.

T-Ball 4K-K Thursday	R/NR FEE
Boys:	\$60/\$80
1st-2nd Grade Friendly Pitch: Thursday	
3rd-4th Grade Baseball: Tuesday	
5th-6th Grade Baseball: Tuesday	
7th-10th Grade Baseball: Monday	\$75/\$95
(Various Locations)	
Girls:	\$60/\$80
1st-2nd Grade Friendly Pitch: Monday	
3rd-4th Grade Softball: Wednesday	
5th-6th Grade Softball: Wednesday	

## Fall Homeschool/Virtual School Physical Education and Art

Age as of September 1, 2016

**Art through the Ages:** Join us as we venture through time in art! From the Stone Age to Ancient Greece and India to the Middle Ages to Renaissance along with a stop in Mexico and North America, we will be exploring many different mediums and art processes.

**Physical Education:** In this program, participants will increase core stabilization, flexibility, strength and cardiovascular fitness. They will also learn skills, rules, and game strategies in several sports and activities with an emphasis on self improvement and teamwork.

### ART ONLY

AGE	DAY	DATES	TIME	R/NR FEE	CODE
4-6	Tu	9/13-11/29	11:15-11:55 am	\$40/\$60	1300.300
7-9	Tu	9/13-11/29	Noon-12:40 pm	\$40/\$60	1300.301
10-18	Tu	9/13-11/29	12:45-1:40 pm	\$55/\$75	1300.310

### PHYSICAL EDUCATION ONLY

AGE	DAY	DATES	TIME	R/NR FEE	CODE
4-6	Tu	9/13-11/29	Noon-12:40 pm	\$40/\$60	1300.370
7-9	Tu	9/13-11/29	12:45-1:40 pm	\$40/\$60	1300.371
10-18	Tu	9/13-11/29	1:45-2:40 pm	\$55/\$75	1300.380

### ART AND PHYSICAL EDUCATION

AGE	DAY	DATES	TIME	R/NR FEE	CODE
4-6	Tu	9/13-11/29	11:15 am-12:40 pm	\$70/\$90	1300.331
7-9	Tu	9/13-11/29	Noon-1:40 pm	\$70/\$90	1300.332
10-18	Tu	9/13-11/29	12:45-2:40 pm	\$95/\$115	1300.333

### Schuetz Recreation Center, Meeting Room and Gym

Instructor: Sara Geuder and Irene Schuder

Min: 8 Max: 15

NOTE: Celebration Day on Tuesday, December 6

*"Yes, Susie! ART was fun back then, too!"*



**WPRF Provides a Before and Afterschool program, in conjunction with the School District of Waukesha at:**

Banting Elementary School\*  
Bethesda Elementary School  
Hawthorne STEM School\*  
Heyer Elementary School  
Prairie Elementary School  
STEM Academy - Randall Campus

For specific program information and fees, please visit our website at:

<http://www.waukesha-wi.gov/473/BeforeAfterSchool>

If you need additional assistance, contact Kristin Serpe, Recreation Programmer, at 262-524-3715 or [kserpe@ci.waukesha.wi.us](mailto:kserpe@ci.waukesha.wi.us)

The Banting and Hawthorne before and afterschool sites are 21st Century Community Learning Center sites. The programming provided is developed to encourage students' efforts to improve academic achievement and enhance their physical, mental and social well-being through a variety of academic enrichment activities and family engagement programs.

NOTE: All students living in Waukesha School District zoning for Banting Elementary and Hawthorne STEM Schools are eligible to attend the program regardless of the school they attend.



321 Wisconsin Ave., Waukesha, WI 53186  
262-524-3692  
[www.waukeshapubliclibrary.org](http://www.waukeshapubliclibrary.org)

## Programs for Children & Families

### 2016 SUMMER LIBRARY PROGRAM



Join Summer  
Reading Club today!



### Program Registration

Registration for all events can be done by calling  
the Children's Reference Desk at 262-524-3692  
or registering online:  
[http://waukeshapubliclibrary.evanced.info/  
signup/EventCalendar.aspx](http://waukeshapubliclibrary.evanced.info/signup/EventCalendar.aspx)

## Summer Reading Club Kick-Off & Buchnerfest

*Come join the Waukesha Public Library and Waukesha  
Parks, Recreation and Forestry Department in celebrating*  
**On Your Mark, Get Set, READ!**

**Saturday, June 11, 10:00 a.m.-noon**

*Buchner Park, 231 Oakland Avenue*

*In the event of inclement weather, please call the WPRF  
information line at 262-522-9356.*

**10:00-11:00 a.m. ~ Readers Are Champions! Storytime**  
Join the library staff for fun, interactive stories.

**10:00-noon ~ Face painting**  
by the Friends of the Library.

**11:00-11:45 a.m. ~ Mr. Chris: Magic & Stories**  
Our very own library performer Mr. Chris will kick off the season  
with a very special magic performance! Children of all ages will  
enjoy interactive storytelling, magic tricks, and musical sing-  
alongs as we say HELLO to summer.

*Activities throughout Buchner Park include:*

- Decorate your own sports-themed pennant!
- Get a sports-themed temporary tattoo!
- Make a keychain for your favorite sport or team!
- Test your skills with the Blastball base run challenge!
- Pack a picnic and stay for the Buchner Pool  
Opening Day. Doors open at 12:30 p.m.

**Visit the Waukesha Public Library's table  
& sign up for the Summer Reading Club!**

### Summer Reading Club

*Open to children age birth through those finishing 6th grade.  
Registration for the teen and adult summer reading program is at  
the Adult Reference Desk. Please register your child for the grade  
they will be entering in the fall of 2016.*

Registration begins: Wednesday, June 1

First day to turn in reading record: Monday, June 13

Summer Reading Club ends: Saturday, July 30

#### Children age 3 through those finishing 6th grade

From June 1-July 30, kids who participate in the Summer  
Reading Club read books & win prizes. Not only is it fun and  
a great excuse to visit the library, but participation in Summer  
Reading Club keeps kids reading—and learning—all summer long.

#### Children under the age of 3

It's never too early to start reading to your child! Parents can  
learn early literacy techniques and little ones can earn a book.  
This reading club is designed for children age birth to 35 months  
and their parents.

**The Waukesha Public Library's summer reading program  
is dedicated to motivating children to read.** Our goal is to  
make reading a fun and beneficial part of everyday life. While  
some children may be motivated by the surprises we distribute,  
we hope that most of the joy will come from the satisfaction of  
reaching a personal goal, parental enthusiasm and the sheer  
pleasure of reading.

## Family Fun

*Performances for all ages.*

**Tuesdays in the  
Children's Program Room**  
FREE tickets are available at the  
Children's Reference Desk 45  
minutes prior to the performance.  
*Programs are sponsored by the  
Friends of Waukesha Public Library  
and Bridges Library System.*

**June 14, 3:30 p.m. & 7:00 p.m.**  
**Rick Allen ~ Family Magic**  
Mind-blowing magic, engaging  
music and fun audience participation.

**June 21, 3:30 p.m. & 7:00 p.m.**  
**The Balloon Olympics ~  
Smartypants**  
Audience becomes part of a hilarious  
"summer games" at the library.

**June 28, 3:30 p.m. & 7:00 p.m.**  
**Kidsplay**  
A unique and hilarious look into the  
world of health and fitness. Your  
abs are sure to get a workout just  
from the fits of laughter.

**July 5, 3:30 p.m. & 7:00 p.m.**  
**Beach Party ~ Dave Rudolph**  
A totally interactive show with hula  
hooping, bubble machines, limbo  
dancing and much more.

**July 12, 3:30 p.m. & 7:00 p.m.**  
**ZooZort**  
A unique, hands-on interactive  
program that features live exotic  
animals from all around the world.

**July 19, 3:30 p.m. & 7:00 p.m.**  
**Mr. Billy ~ Award-winning  
singer song ROCKER.**  
Classic rock songs for kids and  
families with a blast of humor.

**July 26, 3:30 p.m. & 7:00 p.m.**  
**Bubble Wonders ~ Geoff Akins**  
You'll never look at bubbles the  
same way again! Akins creates  
Bubble Caterpillars, Kid in a Bubble  
and more!

**August 2, 3:30 p.m. & 7:00 p.m.**  
**Magical Poodles**  
Fun and quirky dog tricks with an  
educational twist.

**August 9, 3:30 p.m. & 7:00 p.m.**  
**Comedy Sportz!**  
"Let the Games (and FUN) Begin!"  
Enjoy improvisational comedy  
games and scenes – based on  
audience suggestions and part-  
icipation. Fun for the entire family!

## Storytimes

### Outdoor Storytimes ~ Drop-in

All ages welcome.

**Wednesdays, 11:00 a.m.**

**June 15 – August 3**

Bring a blanket and a bag lunch and enjoy a half hour of stories and activities in Cutler Park. Rain or shine. We'll meet in the Children's Program Room if it rains.

### Stories Alive ~ Drop-in storytimes

All ages welcome.

**Fridays, June 17 – August 5**

**9:30 a.m. & 10:30 a.m.**

(On July 1, we will celebrate America's birthday with stories and activities – stop by anytime between 10:00 a.m.-noon)

Discover the many treasures that await you in children's stories.

### Stories in the Park

All ages welcome.

Stories, tongue-twisters, reader's theater and magic tricks. The Library offers storytimes for children at the following parks:

**Mondays, July 11 – August 1**

**Banting Park:** 12:30-1:00 p.m.

2101 Butler Drive

**Buchner Park:** 2:00-2:30 p.m.

231 Oakland Ave

**Merrill Crest Park:** 3:00-3:30 p.m.

616 S. University Drive

### Bilingual Storytimes in the Parks

**Thursdays, July 14 – August 4**

**Sentinel Park:** 12:30-1:00 p.m.

Corner of West Ave. & Sentinel Dr.

**Saratoga Park:** 1:30-2:00 p.m.

301 S. Prairie Avenue

## Drop-In Programs

### Kid's Fun Zone

#### LIBRARY ACTIVITY DAY

Children of all ages. No registration required.

**Mondays, 10:00 a.m. – 7:00 p.m.**

**June 13 – August 1**

Explore the connection between movement and literature, games and literacy activities. Themes include mini-golf, nutrition, and a variety of sports and games. Exciting hands-on interactive activities. The Children's Program Room will be set up with different stations...you choose the time of day you'd like to come...and we'll provide the fun!

### Game Days & Open Minecraft Play

**Fridays, 2:00-4:00 p.m. June 17 – August 26**

We've got the board games, iPads and Wiis...

you just need to come for the fun!

## Fun with JumpBunch - Thursdays

Age 3-6 years.

**10:00-10:30 OR 11:00-11:30**

A non-competitive introduction to sports and fitness through activities and stories. Each class is a fun and unique experience.

Please register your child for each class separately.

Registration is required.

**June 16 – Shark!** Registration begins June 6

**June 23 – Agility Ladder**

Registration begins June 13

**June 30 – Snowball Toss**

Registration begins June 20

**July 7 – Tunnel of Fun** Registration begins June 27

**July 14 – Chicken Toss**

Registration begins July 5

**July 21 – Musical Rhythm Sticks**

Registration begins July 11

**July 28 – Football** Registration begins July 18



## Get Ready... Get Set...Have FUN!

Ages 7-12 years.

### School-Age Activity Program

**Thursdays, 2:00-3:00.**

Please register your child for each class separately.

Registration is required.

**June 16 –** Registration begins June 6

**June 23 –** Registration begins June 13

**June 30 –** Registration begins June 20

**July 7 –** Registration begins June 27

**July 14 –** Registration begins July 5

**July 21 –** Registration begins July 11

**July 28 –** Registration begins July 18

We welcome the opportunity to serve people with disabilities. If you or your child requires a program to be in an accessible format, please call 262-524-3746 at least 48 hours in advance so arrangements can be made.

## Fantastic Flicks

All ages welcome.

**Wednesdays, 2:00 p.m., August 3, 10, 17, 24**

Get out of the heat and enjoy a movie in the Children's Program Room.

## Happy Birthday America ~ Let's Celebrate!

**Friday, July 1** Stop by the Children's Program Room anytime between 10:00 a.m. – noon.

Help us celebrate our country's birthday! Learn about America's symbols, make a party hat to wear in the parade, enjoy stories, games and other patriotic activities.

## Minute to Win It! Challenge

**Wednesdays, 2:00-3:00 p.m.**

**June 22, July 6, 20, 27.**

3rd – 6th Grade.

Registration begins June 13 for all dates. Please register your child for the grade they will be entering in the fall.

Test your skills at Minute to Win It with a series of 60 second challenges using a variety of items provided by the library. The team or individual with the most challenges met at the end of the game wins!

## Book Discussions

Books are received at the time of registration and should be read by the date of the discussion. The books are generously provided by the Friends of the Library. Register in the Children's Services Department. Please register your child for the grade that they will be entering in the fall of 2016.

**1st & 2nd Grade, Wednesdays, 1:00-1:45 p.m.**

**June 15:** *Humphrey's Really Wheely Racing Day*

by Betty G. Birney. Walk-in only registration begins June 1

**June 29:** *You Never Heard of Willie Mays?!*

by Jonah Winter. Walk-in only registration begins June 15

**July 13:** *Pete the Cat – Pete's BIG Lunch*

by James Dean Walk-in only registration begins June 29

**3rd & 4th Grade, Wednesdays, 2:30-3:15 p.m.**

**June 15:** *Recipe for Adventure: Miami*

by Giada De Laurentiis.

Walk-in only registration begins June 1

**June 29:** *Diary of a Taekwondo Master*

by Shamini Flint. Walk-in only registration begins June 15

**July 13:** *The Chocolate Touch* by Patrick Catling

Walk-in only registration begins June 29

**5th & 6 Grade, Tuesdays, 1:00-1:45 p.m.**

**June 14:** *Counting by 7s* by Holly Sloan

Walk-in only registration begins June 1

**June 28:** *Jack: The True Story of Jack & the Beanstalk*

by Liesl Shurtliff. Walk-in only registration begins June 14

**July 12:** *Roller Girl* by Victoria Jamieson

Walk-in only registration begins June 28



## PRESCHOOL



### Fox Tale Pre-School

(Age as of September 1, 2016)

NOTE: All children must be potty trained.

Pre-school is designed as a year long program. Information on the Winter/Spring semester will be available early December. Fox Tale Pre-School provides children with a warm, nurturing experience that fosters positive attitudes for a love for learning and exploring the world around them. In this class, children will be introduced to age appropriate skills. Using seasonal and a thematic approach, we will enjoy creative activities to increase cognitive and social skills. Art, stories, movement, music and play will make for a wonderful first school experience for your child.

#### Special Notes:

- Parents/caregivers (without siblings) may volunteer to assist in the classroom.
- All students must bring a backpack, change of clothes and sack lunch and drink (no soda). Please label all these items.
- 12 week session

### THREEYEAR OLD PRE-SCHOOL (1 day a week)

AGE	DAY	DATES	TIME	R/NR FEE	CODE
3	Tu	9/13-12/13	9:00 am-12:30 pm	\$198/\$218	1000.300
		(no class 10/25, 11/22)			
3	F	9/9-12/16	9:00 am-12:30 pm	\$198/\$218	1000.301
		(no class 10/7, 10/28, 11/25)			

### Schuetze Recreation Center, Activity Room

Min: 12 Max: 24

Instructor: Melanie Gersch, Licensed Pre-School Teacher and Lisa Morris, Teacher Assistant

NOTE: We encourage participants to sign up for the pumpkin farm trip on October 7. Information on the trip will be in the Fall Activity Guide.

### 4 Year Old Kindergarten at Fox Tale Preschool

Fox Tale Preschool is a community partner site with the School District of Waukesha for 4 Year Old Kindergarten.

The 4K class is held three days per week at the Schuetze Recreation Center, 9:00 am-1:15 pm.

For more information on this program, please contact Mary Berg at (262) 524-3737.

### Music Maker and More Early Childhood Music Classes (Parent & Child Program)

This sing along musical activity group is designed for children and their parents or caregivers. The class incorporates traditional children's songs, finger plays, rhythm instruments and dance movements as well as puppets that help tell a story within the songs. Our goal is to give children an interest and love for all kinds of music. Bring your dancing feet and join us for a fun family class!

AGE	DAY	DATES	TIME	R/NR FEE	CODE
9 mnths-4 yrs	M	6/13-7/11	6:15-6:45 pm	\$34/\$51	1000.280
		(no class 7/4)			
9 mnths-4 yrs	M	7/18-8/8	6:15-6:45 pm	\$34/\$51	1000.281

### Schuetze Recreation Center, Activity Room

Min: 6 Max: 14

AGE	DAY	DATES	TIME	R/NR FEE	CODE
9 mnths-4 yrs	Tu	6/14-7/12	9:10-9:40 am	\$34/\$51	1000.282
		(no class 7/5)			
9 mnths-4 yrs	Tu	7/19-8/16	9:10-9:40 am	\$34/\$51	1000.283
		(no class 8/9)			
9 mnths-4 yrs	Th	6/16-7/14	10:15-10:45 am	\$34/\$51	1000.284
		(no class 7/7)			
9 mnths-4 yrs	Th	7/21-8/11	10:15-10:45 am	\$34/\$51	1000.285

### E.B. Shurts Building, Women's Club Room

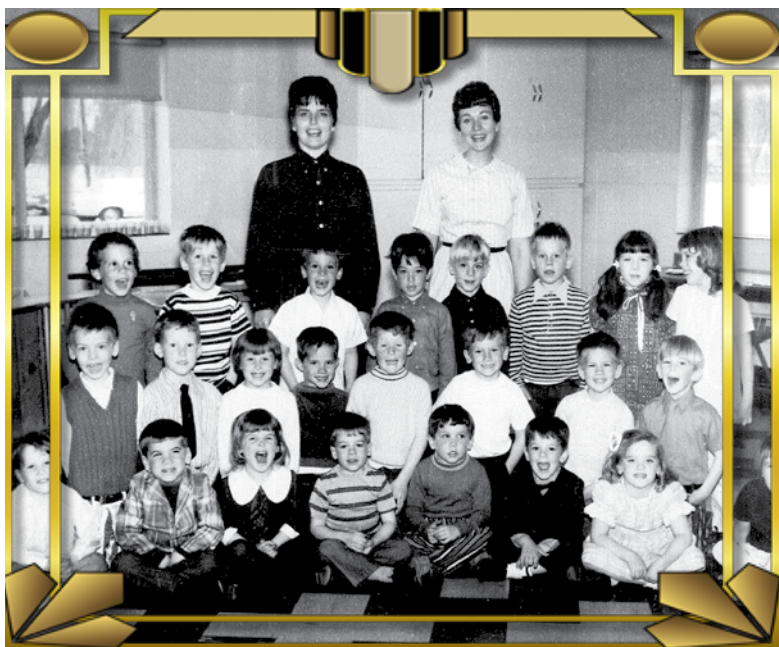
Min: 6 Max: 14

Instructor: Music Makers

NOTE: Price per child not per family

NOTE: Ages are recommendations not restrictions, children who are younger or older may register.

*Blast from the past! Carol Lombardi (teaching asst. right) from 1970-71 (Later served as Mayor) school year.*



### Chefs in the Making – Harry Potter Inspired Treats!

The “Harry Potter” universe is home to some of the most fantastical culinary creations ever conceived. Fire up your cauldron, because these “Harry Potter” recipes are sure to blow you away! Kids will learn the basic fundamentals of becoming a good cook while preparing a fun and delicious meal, measuring, mixing and some old fashioned “tricks of the trade.”

AGE	DAY	DATE	TIME	R/NR FEE	CODE
7-12	Th	6/16	12:30-2:30pm	\$21/\$32	1500.230

**Schuetz Recreation Center Kitchen** Min: 4 Max: 10  
Instructor: Laura Moore

NOTE: Children will not be eating during class. Please bring enough containers to take home 4-5 recipe creations. It is also recommended that each “Chef in Training” bring a smock or apron to wear. All other supplies provided.

### Wee Chefs – Harry Potter Inspired Treats!

In this fantastical culinary workshop, children and parents will be whipping up some magical recipes in the kitchen including: Fairy Bread, Wizard Hats, Fruit Wands and more!

AGE	DAY	DATE	TIME	R/NR FEE	CODE
3-6	Th	6/16	11:00-11:45 am	\$21/\$32 (with adult)	1500.231

**Schuetz Recreation Center Kitchen** Min: 4 Max: 10  
Instructor: Laura Moore

NOTE: Children will not be eating during class. Please bring enough containers to take home 3-4 recipe creations. It is also recommended that each “Wee Chef” bring a smock or apron to wear. All other supplies provided. An adult needs to accompany each “wee chef.”

### Cops and Bobbers

Get hooked on fishing rather than drugs and crime! The City of Waukesha Police Department will be offering a fishing outing this summer in conjunction with the Cops and Kids Foundation. Participants will learn how to fish and about preservation of our natural resources. The outing will include fishing on Pewaukee Lake, lunch, a t-shirt and door prizes. City of Waukesha residents are encouraged to sign their kids up. Pickup and drop off will take place at Nettesheim Park in Pewaukee. Participants will be bused to and from the boat launch.



AGE	DAY	DATE	TIME	R/NR FEE	CODE
7-16	W	7/27	8:45 am-Noon	No Fee	2500.273

**Nettesheim Park, N26 W27495 Prospect Avenue, Pewaukee, WI** Min: 8 Max: 18

Instructors: WPD Officers

NOTE: \*A liability waiver must be completed in order to participate in the outing. Waivers will be e-mailed and mailed out as well as available at the park on the day of the event.

### Ballet and Tap

Encourage your little one to embrace their inner dancer! Students will have fun learning ballet and tap steps while practicing balance, poise and grace. Family members are invited to attend the last class and watch the students showcase their hard work. Students must wear a leotard (no skirts) and tights. Ballet students must wear LEATHER ballet shoes. Tap students must have tap shoes. Supplies may be purchased through the studio (cash or check only). After completion of Beginning Ballet, all ages may take the Continuing Ballet class.

AGE	DAY	DATE	TIME	R/NR FEE	CODE
BEGINNING PRE-BALLET					
3-4	Th	6/16-8/4	4:30-5:00 pm	\$55/\$75	7800.230
*CONTINUING BALLET					
3+	Th	6/16-8/4	5:00-5:30 pm	\$55/\$75	7800.231
BEGINNING BALLET					
5+	Th	6/16-8/4	5:30-6:00 pm	\$55/\$75	7800.232
BEGINNING TAP					
5+	Th	6/16-8/4	6:00-6:30 pm	\$55/\$75	7800.233

**Olde Metropolitan Bldg. 250 West Broadway** Min: 6 Max: 10

Instructor: Sandy Kellar, Kellar Dance Studio

NOTE: Phone: (262) 542-8224 (for supply information only, registration is through WPRF). \*Prerequisite for Continuing Ballet: must have taken our Beginning Pre-Ballet or Beginning Ballet class. Students MUST be 3 years of age by the start of the first class for Beginning Pre Ballet and Continuing Ballet.







## Tumbling Tykes (Parent & Child Program)

In this program, children will be introduced to basic locomotor skills. Children will creatively explore different skills using hoops, bean bags, rhythm sticks, gymnastic equipment and more.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
14-24 mnths	Th	6/16-7/28 (no class 7/7)	5:30-6:00 pm	\$33/\$50	1000.241

**E.B. Shurts Building, Women's Club Room** Min: 6 Max: 12  
Instructor: Stephaney Hesselgrave-Liebau and Robin Bickler

## Tumbling Tots (Parent & Child Program)

Students will work on body awareness, balance, locomotion, special relationships and rhythm. Movement activities - tumbling, balance beam skills and other activities will be used that are designed to foster success and enhance self esteem.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
2-3	Tu	6/14-7/26 (no class 7/5)	5:30-6:00 pm	\$33/\$50	1000.242
2-3	Tu	6/14-7/26 (no class 7/5)	6:10-6:40 pm	\$33/\$50	1000.243
2-3	Th	6/16-7/28 (no class 7/7)	6:10-6:40 pm	\$33/\$50	1000.244

**E.B. Shurts Building, Women's Club Room** Min: 6 Max: 12  
Instructor: Stephaney Hesselgrave-Liebau and Robin Bickler

## Rolly Polly

Students will learn basic tumbling skills (forward roll, backward roll and cartwheels). They will also be introduced to the junior swing bar, beam and trampoline.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
4-6	Th	6/16-7/28 (no class 7/7)	6:45-7:30 pm	\$33/\$50	1000.245
4-6	Sa	6/11-7/23 (no class 7/2)	8:30-9:15 am	\$33/\$50	1000.246

**E.B. Shurts Building, Women's Club Room** Min: 6 Max: 12  
Instructor: Stephaney Hesselgrave-Liebau and Robin Bickler

## Tumbling - Beginner I

Students will learn new skills on the balance beam and junior swing bar. During floor exercise, forward and backward rolls, cartwheels and handstands are skills that will be developed.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
6+	Sa	6/11-7/23 (no class 7/2)	9:20-10:05 am	\$33/\$50	1000.247
6+	Tu	6/14-7/26 (no class 7/5)	6:45-7:30 pm	\$33/\$50	1000.248

**E.B. Shurts Building, Women's Club Room** Min: 6 Max: 12  
Instructor: Stephaney Hesselgrave-Liebau and Robin Bickler  
NOTE: This is a skill based class.

## Tumbling - Beginner II to Intermediate

All skills will continue to be perfected with an emphasis on form, increased flexibility and strength. When students are physically ready, they will continue to learn new skills such as handstands, backbends, round off rebounds and back walkovers.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
7+	Sa	6/11-7/23 (no class 7/2)	10:15-11:00 am	\$33/\$50	1000.249

**E.B. Shurts Building, Women's Club Room** Min: 6 Max: 12  
Instructor: Stephaney Hesselgrave-Liebau and Robin Bickler  
NOTE: \*Successful Completion of Tumbling - Beginner I

## Olympics Gymnastics Camp

Go for the Gold at the WPRF Olympics Gymnastics Camp! This special week will be packed with dynamic challenges and adventures that will ensure every camper learns something new and perfects skills - camp will also include snack and crafts. Campers will put on a performance at the end of the week that involves music, dancing, tumbling, mini trampoline and other dynamic elements. Parents will be invited to attend the performance. No previous experience required!

**NEW!**

AGE	DAY	DATES	TIME	R/NR FEE	CODE
4-6	W,Th,T,W	8/10-11, 8/16-17	5:30-7:30 pm	\$75/\$95	1000.250
6+	Th,T,W,Th	8/18, 8/23-25	5:30-7:30 pm	\$75/\$95	1000.251

**E.B. Shurts Building, Women's Club Room** Min: 10 Max: 15  
Instructor: Stephaney Hesselgrave-Liebau and Robin Bickler

*Gymnastics has changed a bit with the addition of real equipment upgrades! Here is our Recreation Services Manager, Pat Grulke helping tumblers years ago ...*





### Lil' Dragons Tae Kwon Do

The Lil' Dragons curriculum consists of developing major skills that are necessary for participation in any sport or activity and also contains personal development skills used to reinforce family values. Each class consists of one major skill that will motivate your child to achieve any goal they set in life.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
4-6	Th	4/21-7/14	5:15-6:00 pm	\$90/\$110	1500.220
(no class 7/7)					

### Schuetze Recreation Center, Riverview Room & Meeting Room

Instructor: David Galewski

Min: 10 Max: 30

NOTE: A uniform is needed for the class. Uniforms may be purchased through the instructor for \$35.

### Youth and Adult Tae Kwon Do

Learn and develop the Ancient Korean art of self-defense! These classes are for all ages, seven and up – Tae Kwon Do for the whole family! The Novice class will focus on self-defense, basic forms and hapkido while developing your body and mind through mental and physical discipline. Participants will also learn the basic techniques of Tae Kwon Do, such as sparring and board breaking. The Intermediate and Advanced class will focus on more complex movements while building confidence towards the goal of becoming a Black Belt. Participants will learn advanced self-defense, competition and upper belt forms, hapkido, kicking, sparring, board breaking and street survival tactics.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
NOVICE					
7+	Th	4/21-7/21	7:10-8:10 pm	\$182/\$202	1500.221
(no class 7/7)					
INTERMEDIATE AND ADVANCED					
7+	Th	4/21-7/21	6:10-7:10 pm	\$182/\$202	1500.222
(no class 7/7)					

### Schuetze Recreation Center, Riverview Room & Meeting Room

Instructor: David Galewski

Min: 10 Max: 25

NOTE: Testing will be held on 7/28. There is a separate fee for testing. A uniform is required and may be purchased through the instructor for \$35. Any returning students from previous classes will retain their rank, ITF forms and WTF forms styles.

# NEW!

### Recreational Tree Climbing

Fun, Fitness, Adventure! Peaceful and invigorating. Recreational Tree Climbing utilizes professional climbing gear, which allows climbers to ascend into and explore trees safely. Gain new appreciation for trees, nature, and your City Parks. Recreational Tree Climbing is a unique activity that can be enjoyed by an individual, small groups, and especially rewarding to families. All gear and instruction is provided. Participants must wear long pants and sturdy shoes, and bring a sense of adventure. Challenge yourself, hang out in the trees and enjoy the view!

AGE	DAY	DATES	TIME	R/NR FEE	CODE
7+	Sa	5/14	10:00 am-Noon	\$35/\$52	1500.240
7+	Sa	8/13	10:00 am-Noon	\$35/\$52	1500.243

### Fox River Parkway North (meet by park shelter)

7+	Sa	6/11	10:00 am-Noon	\$35/\$52	1500.241
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### W.R.O. Youth Sports Complex (meet by west gate)

7+	Sa	7/16	10:00 am-Noon	\$35/\$52	1500.242
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### Horeb Springs Park (meet by park shelter)

Instructor: Treetop Explorer Staff

Min: 4 Max: 12

NOTE: Must wear long pants and sturdy shoes. Great Mother's or Father's Day Activity!

### Learn to Kayak Workshop

Learn all of the basics that will prepare you to begin partaking in this fun, relaxing and adventurous activity. You will learn about different types of kayaks and which might be the best fit for you, basic kayaking safety, proper form and technique, how to launch your kayak and portage it, and other various tips and tricks to be a safe and knowledgeable recreational kayaker. Approximately 30 minutes of this program will take place on dry land and the last two and a half hours will take place headed Northwest on the Fox River and back. This course INCLUDES a kayak rental.

AGE	DAY	DATE	TIME	R/NR FEE	CODE
8+	Sa	5/21	9:00 am-Noon	\$55/\$75	9700.210
8+	Sa	6/18	9:00 am-Noon	\$55/\$75	9700.211
8+	Sa	7/9	9:00 am-Noon	\$55/\$75	9700.212
8+	Sa	7/30	9:00 am-Noon	\$55/\$75	9700.213
8+	Sa	8/20	9:00 am-Noon	\$55/\$75	9700.214

### Schuetze Recreation Center North Parking lot (meet near the outside of Rotary Building)

Instructor: Alise Wilkowsky

Min: 5 Max: 12

NOTE: \*Participants under the age of 16 MUST also have a parent/guardian registered to participate in the class.

RAIN DATE: If the program is rained out, it will be rescheduled for the following Sunday at the same time and location. In the event both Saturday and Sunday are rained out, class will be cancelled and a credit will be issued to your account.





### Family Trips

Traveling with a group is more fun. Everyone is welcome! Family trips are held rain or shine and an adult must accompany children 6 – 17 years. All trips depart from the Schuetze Recreation Center and use motorcoaches for all tours. Any cancellations/refunds must be requested two (2) days prior to the trip; however all tickets are non-refundable, unless a replacement is found. Alcohol is prohibited on the motorcoaches.

### KINKY BOOTS

KINKY BOOTS is Broadway's huge-hearted, high-heeled hit! With songs by Grammy and Tony winning pop icon Cyndi Lauper, this joyous musical celebration is about the friendships we discover, and the belief that you can change the world when you change your mind. Inspired by true events, KINKY BOOTS takes you from a gentlemen's shoe factory in Northampton to the glamorous catwalks of Milan.

Charlie Price is struggling to live up to his father's expectations and continue the family business of Price & Sons. With the factory's future hanging in the balance, help arrives in the unlikely but spectacular form of Lola, a fabulous performer in need of some sturdy new stilettos.

KINKY BOOTS is the winner of 6 Broadway Tony Awards including Best Musical, Best Score and Best Choreography. Our seats for this performance are in the rear orchestra section in Uihlein Hall at the Marcus Center for the Performing Arts, Milwaukee.

Take a step in the right direction and discover that sometimes the best way to fit in is to stand out. **"There is no show hotter than KINKY BOOTS!"** – CBS News.

AGE	DAY	DATE	TIME	R/NR FEE	CODE
6+	Su	6/5	Noon-4:30 pm	\$59	8900.102

#### Schuetze Recreation Center

Min: 35 Max: 52

Instructor: Marge Reuteman

NOTE: Registration Deadline is Friday, April 29, 2016.

### A Wine-licious Day in Long Grove

This morning we visit Valentino's Vineyards & Winery. Yes, a real Rudy Valentino will tour us through his premier vineyard, provide a wine appreciation seminar and wine sampling. Our afternoon will include time in the quaint Village of Long Grove, Illinois' first historic district. Explore restaurants, more wine sampling, boutiques, art galleries and more. A final stop at the Long Grove Confectionery Factory completes our "sweet" day. For additional information, visit [www.visitlonggrove.com](http://www.visitlonggrove.com)

AGE	DAY	DATE	TIME	R/NR FEE	CODE
21+	Sa	7/9	8:15 am-6:00 pm	\$45	8900.201

#### Schuetze Recreation Center

Min: 35 Max: 52

Instructor: Marge Reuteman

Note: Deadline to register Wednesday, June 1, 2016.



**Cheeseheads' day out! Last year's Lambeau Field trip was fun for all ages!**

### S.P.A.R.C

Join us for a 9-week summer recreation program for individuals with disabilities. At camp, children and adults have opportunities to build social skills, explore interests and talents, make friends and experience being part of a community. This summer camp offers respite care for your child and provides a fun and safe environment. A certified nursing assistant is on staff with the ability to administer medication.

AGE	DAY	DATES	TIME	R/NR FEE
7-21	M-F	6/20-8/19	7:30 am-6:00 pm	Registration/Fees through Easter Seals

#### Schuetze Recreation Center

Min: 10 Max: 30

Instructor: Easter Seals Southeast Wisconsin Staff

NOTE: Full and half day options are available. For registration information and an application, visit [www.eastersealwise.com](http://www.eastersealwise.com) or call (414) 449-4444.

## Glacial Drumlin State Trail Pass

State Trail Passes are available at the WPRF office starting May 1.

Fee: \$20 per person annually.

A state permit is needed for anyone 16 years and older for all trail activities except walking and jogging. This pass is good on all state trails.



**Knitting - Beginning**

In this class you will learn to cast, knit, bind off, read patterns and more. After learning the basics you will begin a project of your choice. Your confidence will grow in this fun and caring learning environment. Supplies will be loaned to participants on the first night.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	M	6/6-7/18 (no class 7/4)	7:00-9:00 pm	\$23/\$35	6000.222

**Schuetze Recreation Center, Conference Room**

Instructor: Michele Steinbacher Min: 8 Max: 20

**Knitting - Continuing**

Join the resurgence of knitting. Beginner and Advanced knitters are wanted. Learn the basics of this useful craft or work on the project of your choice. Come and join us! We'll keep you in stitches!

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	Tu	6/7-7/19 (no class 7/5)	7:00-9:00 pm	\$23/\$35	6000.220

**WPRF Office, Kathryn Muehl Meeting Room** Min: 8 Max: 20

Instructor: Michele Steinbacher

NOTE: Must have good knitting skills.

*Daytime Classes***Super Fit**

This high energy exercise class will include Hi/Low aerobics, boot camp, circuit, interval training, cardio dance, toning, strength and more. Never a dull moment! Workouts are designed for all fitness levels and structured so no one is left behind. Great way to meet people, increase your energy level and improve your physical and social well being. Bring a water bottle and mat, no other equipment needed!

NOTE: Childcare service is available for this class.

**Your Choice – Half or Full Session****HALF SESSION**

AGE	DAYS	DATES	TIME	R/NR FEE	CODE
16+	M, W, F	6/3-7/15 (no class 7/4)	9:00-10:10 am	\$48/\$68	7000.220
16+	M, W, F	7/18-8/26	9:00-10:10 am	\$48/\$68	7000.221

**FULL SESSION**

AGE	DAYS	DATES	TIME	R/NR FEE	CODE
16+	M, W, F	6/3-8/26 (no class 7/4)	9:00-10:10 am	\$96/\$116	7000.222

**Schuetze Recreation Center, Gym**

Min: 12 Max: 35

Instructor: Erin Krizizke, Certified NETA Instructor

**Super Fit Babysitting Service**

Your child will enjoy spending time playing with other children while you stay healthy participating in exercise class.

**Your Choice – Half or Full Session****HALF SESSION**

AGE	DAYS	DATES	TIME	R/NR FEE	CODE
0+	M, W, F	6/3-7/15 (no class 7/4)	9:00-10:10 am	\$32/\$48	7000.270
0+	M, W, F	7/18-8/26	9:00-10:10 am	\$32/\$48	7000.271

Each additional child \$20

**FULL SESSION**

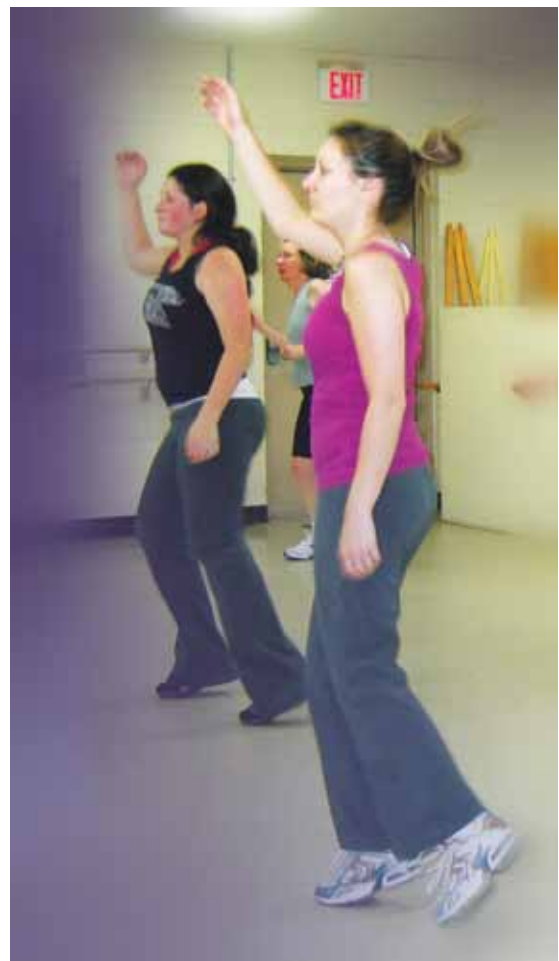
AGE	DAYS	DATES	TIME	R/NR FEE	CODE
0+	M, W, F	6/3-8/26 (no class 7/4)	9:00-10:10 am	\$64/\$84	7000.272

Each additional child \$40

**Schuetze Recreation Center, Riverview Room**

Instructor: Lisa Morris

Min: 8 Max: 16





## Evening Classes



### ABC - Abs, Butt, Core

Want variety in your workout? Want to concentrate on Abs, Butt and Core? Join ABC. This class will focus on exercises to give you rock solid abs, tight buns and better balance. Strengthen and tone from head to toe. Use of balls, bands, tubes, and other "toys" will add variety and new dimensions to your workout. Please bring a water bottle and mat to class. All other equipment will be provided.

#### TWO DAYS A WEEK

AGE	DAYS	DATES	TIME	R/NR FEE	CODE
16+	M,W	6/6-7/13	5:30-6:15 pm	\$30/\$45	7000.209
(no class 7/4)					
16+	M,W	7/18-8/24	5:30-6:15 pm	\$32/\$48	7000.210

#### ONE DAY A WEEK

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	M	6/6-7/11	5:30-6:15 pm	\$14/\$21	7000.211
(no class 7/4)					
16+	M	7/18-8/22	5:30-6:15 pm	\$16/\$24	7000.212
16+	W	6/8-7/13	5:30-6:15 pm	\$16/\$24	7000.213
16+	W	7/20-8/24	5:30-6:15 pm	\$16/\$24	7000.214

### Schuetze Recreation Center, Gym

Min: 12 Max: 35

Instructor: Sue Peterson, Certified NETA Instructor

### Fit Mix

This high energy exercise class will include Hi/Low aerobics, boot camp, circuit, interval training, cardio dance, toning, strength and more. Never a dull moment! Workouts are designed for all fitness levels and structured so no one is left behind. Great way to meet people, increase your energy level and improve your physical and social well being. Bring a water bottle and mat, no other equipment needed!

#### TWO DAYS A WEEK

AGE	DAYS	DATES	TIME	R/NR FEE	CODE
16+	Tu,Th	5/31-7/12	6:15-7:15 pm	\$35/\$53	7000.200
16+	Tu,Th	7/14-8/25	6:15-7:15 pm	\$35/\$53	7000.201

#### ONE DAY A WEEK

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	Tu	5/31-7/12	6:15-7:15 pm	\$19/\$29	7000.202
16+	Tu	7/19-8/23	6:15-7:15 pm	\$16/\$24	7000.203
16+	Th	6/2-7/7	6:15-7:15 pm	\$16/\$24	7000.204
16+	Th	7/14-8/25	6:15-7:15 pm	\$19/\$29	7000.205

### Schuetze Recreation Center, Gym

Min: 12 Max: 35

Instructor: Pam Treder, Certified NETA Instructor

### Gentle Yoga for Beginners

Yoga is a wonderful way to stay fit as you learn to breathe deeply and relax more fully. It's numerous health benefits help you to feel your best as you become stronger and more flexible. This is a slower paced, gentle class geared towards the beginner and those with physical limitations. Modifications and props are used so that the movements can be adapted to accommodate students of all ages and abilities. Each class finishes with a guided meditation and relaxation. Bring a yoga mat to class.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	M	6/6-6/27	5:30-6:45 pm	\$35/\$53	7000.237

### Rotary Building

Min: 5 Max: 20

Instructor: Marie Coakley, RYT

### Yoga for Health and Fitness

Yoga is a great low impact form of exercise that uses self awareness and focus on the breath to connect Mind, Body & Spirit. This is a multi-level course designed to meet the health and fitness needs of class participants. With regular practice, yoga can help relieve the symptoms of many medical conditions including arthritis, back problems, muscle soreness and tightness due to sports or inactivity. Modifications are taught with props to meet individual needs of students so they can find balance between strength and flexibility as they are building stamina and focus. Each class finishes with guided meditation and relaxation. Bring a yoga mat to class.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	W	6/8-7/13	5:30-6:45 pm	\$53/\$73	7000.234
16+	W	7/20-8/31	5:30-6:45 pm	\$53/\$73	7000.235
(no class 8/3)					

### Rotary Building

Min: 9 Max: 24

Instructor: Marie Coakley, RYT



## Zumba

Zumba is the fusion of Latin and International music dance themes that create a dynamic, exciting, effective workout! Routines will feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. It is a mixture of body sculpting movement with easy to follow dance steps.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	M	6/6-7/18 (no class 7/4)	5:30-6:30 pm	\$33/\$50	7000.254
16+	M	7/25-8/29	5:30-6:30 pm	\$33/\$50	7000.255

**E.B. Shurts Building, Women's Club Room** Min: 9 Max: 20  
Instructor: Nicole Re, Certified Zumba Instructor

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	Th	6/2-7/14	6:40-7:40 pm	\$39/\$59	7000.260
16+	Th	7/21-8/25	6:40-7:40 pm	\$33/\$50	7000.261

**Rotary Building** Min: 9 Max: 20  
Instructor: Amy Sadenwasser, Certified Zumba Instructor

## Zumba Gold – Dance Your Way to Health

For Beginners to Older, Active Adults  
Zumba Gold improves balance, flexibility and cardiovascular strength with its unique program. Zumba Gold is designed to teach the basic dance steps to anyone.

Difference between Zumba Basic and Zumba Gold – speed and intensity of the dance moves and length of warm up and cool down.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	Th	6/2-7/14	5:30-6:30 pm	\$39/\$59	7000.266
16+	Th	7/21-8/25	5:30-6:30 pm	\$33/\$50	7000.267

**Rotary Building** Min: 9 Max: 20  
Instructor: Joan Bohte, Certified Zumba Instructor

## Tai Chi

For Beginners to Older, Active Adults  
This class will improve balance, reduce stress and anxiety while increasing your energy and endurance with a moderately aerobic exercise. Create an enhanced mental and physical relaxation, stronger posture and muscle mass. This is truly a complete body exercise, inside and out.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	Tu	6/14-7/19	6:00-7:00 pm	\$33/\$50	7000.241
16+	Tu	7/26-8/30	6:00-7:00 pm	\$33/\$50	7000.242

**Schuetze Recreation Center, Riverview Room** Min: 9 Max: 15  
Instructor: Ginny Mathias, Certified SFA Instructor



*Unsure what event/class this was in the Schuetze gym in this picture from the past, but do know we don't miss the old floor!*

## Aqua Tabata

Tabata is one of the most effective types of high intensity interval training. Mixing this format with the properties of water through a variety of simple, yet intense exercises, allows each class to blast away the calories and provide noticeable results in a short amount of time. Class begins with a short warm-up in the pool followed by a series of four minute exercise sequences.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	M	6/20-7/25	5:00-5:45 pm	\$18/\$27	4500.282

**Buchner Pool** Min: 12 Max: 25  
Instructor: Kathleen Barbian, Certified Instructor

## Aqua Zumba

Exercising in the water gives you the same benefits as exercising on land, cardio stamina, muscle building and weight loss can all be obtained from a water fitness class. Aqua Zumba incorporates dance and fitness moves and makes it fun for everyone. Aqua Zumba makes it feel like a pool party. \*\*Water shoes are recommended

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	Tu	6/21-7/26	5:00-5:45 pm	\$33/\$50	4500.281

**Buchner Pool** Min: 12 Max: 25  
Instructor: Kathleen Barbian, Certified Aqua Zumba Instructor

## Free Class – Come try our Aqua Fitness offerings

Participants will be asked to complete a trial waiver prior to participation. Please check in at the front desk.

Aqua Zumba: Tuesday, June 14 – Buchner Pool, 5:00-5:45 pm  
Aqua Tabata: Monday, June 13 – Buchner Pool, 5:00-5:45 pm



## Saturday Classes



### 20/20/20 Strength

Gain total body strength and definition with this dynamic and creative group strength-training class. The class uses a combination of power tubing, free weights and body weight exercises for an effective one hour class - 20 minutes upper body, 20 minutes lower body and 20 minutes of core conditioning. Perfect for men and women of all ages and abilities. No experience necessary! Bring a mat and a water bottle.

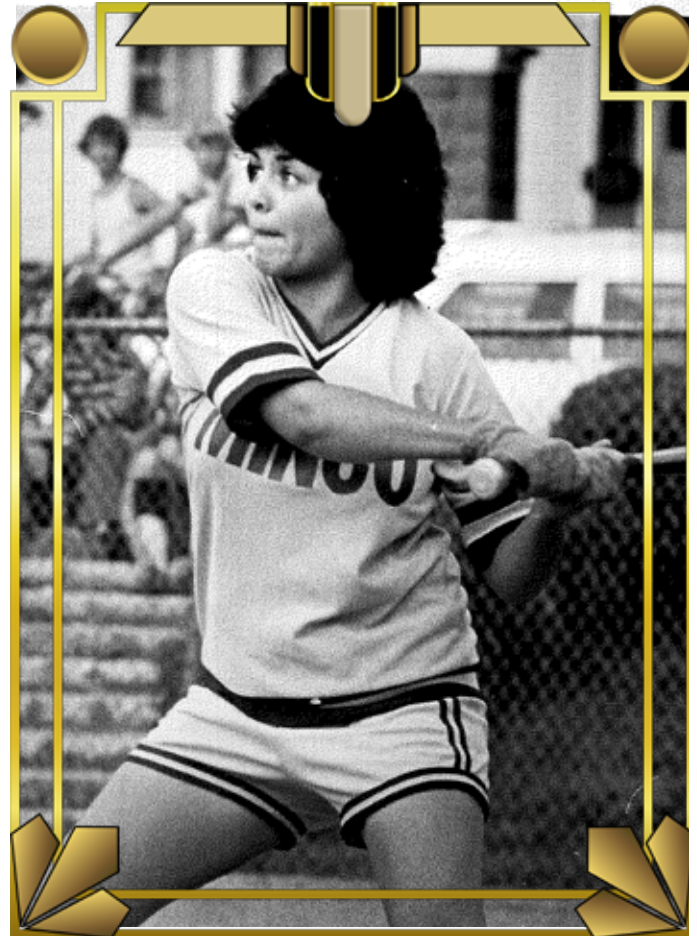
AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	Sa	6/4-8/27 (no class 7/2)	7:45-8:45 am	\$32/\$48	7000.232

### Schuetze Recreation Center, Gym

Min: 12 Max: 35

Instructor: Pam Treder, Certified NETA Instructor and Sue Peterson, Certified NETA Instructor

*We've got a  
"sweet spot"  
for vintage and  
contemporary  
softball!*



## NEW! Free Saturday Classes in the Park

In conjunction with Waukesha Public Library

See Page 5 for info on other activities planned here this summer.

### Les Paul Performance Center Outdoor Summer Fitness Classes

#### Beginner Boot Camp

Outdoor boot camp combines the major fitness components for a challenging, well-balanced workout including cardiovascular exercise, resistance training, sports conditioning and teamwork. Options are provided for everyone, whether you need less or more intensity, it's your workout and no one is left behind. Bring a water bottle, no other equipment needed!

AGE	DAY	DATE	TIME	R/NR FEE
16+	Sa	6/18	9:15-10:00 am	No charge

Meet in front of the **Les Paul Performance Center**  
Instructor: Pam Treder, Certified NETA Instructor



#### Gentle Yoga for Beginners

Yoga is a wonderful way to stay fit as you learn to breathe deeply and relax more fully. It's numerous health benefits help you to feel your best as you become stronger and more flexible. This is a slower paced, gentle class geared towards the beginner and those with physical limitations. Modifications and props are used so that the movements can be adapted to accommodate students of all ages and abilities. Class finishes with a guided meditation and relaxation. Bring a yoga mat to class.

AGE	DAY	DATE	TIME	R/NR FEE
16+	Sa	7/23	10:00-11:00 am	No charge

Meet in front of the **Les Paul Performance Center**  
Instructor: Marie Coakley

## **Fall Softball Leagues**

16 Years & Older

Looking for that extra opportunity to play some softball this fall? The season will run four weeks playing seven games. Make the most out of the nice fall weather. The first three weeks, teams will play double-headers and the fourth week, a single game. Leagues will run Mondays (Men's & Co-ed), Tuesdays (Men's) & Wednesday nights (Men's). Choose the night that works best for your team. One new ball will need to be provided by each team per game. All games will be played at Saratoga Complex.

Leagues:

Mondays: August 29 – September 26

(No games September 5)

Tuesdays: August 30 – September 20

Wednesdays: August 31 – September 21



Registration Dates:

Returning & Transfer Teams: August 1 - 5

New Teams: August 8 - 12

Deadline: August 23

Team Entry Fees: \$285

## **Moor Downs "Spring Into FootGolf Friday Night League"**

Our much anticipated FootGolf League is officially here! This is a two-person league, each player will play their own ball and play 18 holes. The league is for novice and experienced footgolfers. Weekly hole contests with prizes. Grab a partner and join in the fun.



League: April 29 through June 3

Scoring: Individual with no handicap

Day: Fridays

Location: Moor Downs

Tee Times: 5:00-6:00 pm

Minimum age: 16

Cost: \$75.00 per person includes use of soccer ball.

Minimum # of teams: 6

Registration Ends April 15

**See Youth Foot Golf League for 10+ Page 27.**

## **Men's All - City Softball Tournament**

### REGISTRATION DATE

Monday, June 27 - Friday, July 15

Waukesha Parks, Recreation & Forestry Office

1900 Aviation Drive

Waukesha, WI 53188

Men's Tournament:

August 9 – 14 "C & D" Bracket

August 16 – 21 "A & B" Bracket



Entry Fee: \$180

For registration information, call (262) 524-3737.

## **7 Week League – June 3rd – July 22nd**

### **Men's Wood Bat**

When: Fridays (No games 7/1)

Location: Saratoga Complex

Cost: \$325

Registration Deadline: May 9

The Parks, Recreation and Forestry Department will provide the wood bats, ASA approved.

### **Coed Kickball**

When: Fridays

Location: Saratoga Complex

Cost: \$325

Registration Deadline: May 9



(Photo by Martin Pitzer 2011)

## **Men's 7 on 7 Touch Football**

### **16 Years & Older**

Interested in playing touch football this fall? Get your team together and join our 7 on 7 Touch Football League. All games are played at Prairie Park Football Field on Wednesday nights.

Registration Dates:

Returning & Transfer Teams: August 1 - 5

New Teams: August 8 - 12

Team/Player Fees (tax included)

100% City Resident: \$270

Teams with Non-Residents: \$370



League Play:

Wednesdays, September 7 – October 12

Tournament: October 19 & 26



## ADULT SPORTS



### Pickleball Classes

WPRF Pickleball classes have grown immensely since they started in 2011. We have approximately 150 players of all ages and abilities playing this great game. The summer classes are designed to allow people with similar abilities to play together, with consideration towards wait times and number of people registered. Please note Wednesday evening and Saturday classes are offered separately, to accommodate those who can not play on week days. See you on the courts!

### Pickleball – Advanced Beginner to Intermediate

Are you hooked on Pickleball? If so, we know why. It improves hand-eye coordination and balance, raises your heartbeat and metabolism rate, promotes good sportsmanship, and is a fun/enjoyable social game. This open play class is structured for players who have learned the game and are looking to improve their skills. Six courts are available for play at Banting Park. Play will be divided by ability level as needed, to encourage competitive and fun games. All ages are welcome! Tennis shoes are required, eye protection is encouraged.

AGE	DAYS	DATES	TIME	R/NR FEE	CODE
16+	Tu, W, F	5/17-9/30	8:30-11:30 am	\$21/\$31	8000.270

### Banting Park Tennis Courts

Min: 36 Max: 90

Instructor/Coordinator: WPRF Volunteers

NOTE: Paddles and balls provided.

### Pickleball - Open Play Saturdays or Wednesday Evenings

Pickleball is a paddle sport created for all ages and skill levels. The rules are simple and the game is easy to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Saturday mornings and Wednesday evenings accommodate Open Play for people who are not available on weekdays. If needed, instruction will be given the first several weeks. Court play will be divided by ability levels, to encourage competitive and fun games for all levels. All ages welcome. Tennis shoes required, eye protection encouraged.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	Sa	5/14-10/1	8:30-11:30 am	\$7/\$11	8000.271
16+	W	6/15-8/17	6:00-8:00 pm	\$4/\$6	8000.272

### Banting Park Tennis Courts

Min: 8 Max: 24

Instructor/Coordinator: WPRF Volunteers

NOTE: Paddles and balls will be provided.

### Pickleball - Beginners

Beginners Pickleball will give you the game basics and allow you to learn at your own pace. Volunteers will provide instruction and assist with games. Pickleball provides plenty of exercise, improves hand-eye coordination and you don't have to be "super athletic" to play. All ages are welcome. Tennis shoes required, eye protection encouraged.

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	Th	6/2-6/23	8:30-10:30 am	\$5/\$8	8000.273

### Banting Park Tennis Courts

Min: 8 Max: 24

Instructor/Coordinator: WPRF Volunteers

NOTE: Paddles and balls provided.

### Golf Lessons for Adults

A perfect way to end the week, Friday night Golf with friends! If you have never played before or are looking for a refresher these lessons are ideal. We will cover the fundamentals of the game, course etiquette, and basic rules. When complete you will have everything you need to hit the links and have some fun!

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	F	4/22-5/20	5:30-6:30 pm	\$53/\$73	5900.244

### Moor Downs Golf Course Practice Green on Barstow St.

Instructor: WPRF Staff

Min: 4 Max: 8

### Tennis Lessons for Adults

New to Tennis? How many other sports can be played by anyone, at any age, at almost anytime of year, and anywhere in the world? These adult lessons are designed for people with limited tennis experience. These skill based lessons are taught by Waukesha Tennis Association staff, they will stress fundamentals and game play. Instructor to student ratio is approximately 1:4. Pick up a racquet for the sport of a lifetime!

AGE	DAY	DATES	TIME	R/NR FEE	CODE
HALF SESSIONS					
16+	M	6/13-6/27	7:00-7:55 pm	\$18/\$27	5500.233
16+	M	7/11-8/1	7:00-7:55 pm	\$24/\$36	5500.234
FULL SESSIONS					
16+	M	6/13-8/1	7:00-7:55 pm	\$40/\$60	5500.235
(no class 7/4)					

### Prairie Tennis Courts, 1801 Center Road

Min: 4 Max: 12

Instructors: Waukesha Tennis Association Staff

NOTE: Rain "make-up" days will be Tuesdays.

### Bocce "Meetups"

Want to try a new activity that is played outdoors, is easy to learn, and a great way to meet people? We have the perfect game, bocce! Two to eight players take turns throwing the larger bocce balls at the smaller pallino, with the goal of getting their own ball closest to the pallino. Bocce "Meetups" are an open play format for bocce games. Come when you can, teams will be formed with players in attendance. You will play with different players each week. Enjoy good sportsmanship and bocce fun!

AGE	DAY	DATES	TIME	R/NR FEE	CODE
16+	M	6/6-8/15	9:00-10:30 am	\$15/\$22	8000.275
(no class 7/4)					

### Grass Bocce Courts at Rotary Building

Min: 8 Max: 28

Coordinator: WPRF Staff & Volunteers

Note: Bocce sets and courts will be provided.